

VISITS...

ADIRONDACK LEADERSHIP EXPEDITIONS

Saranac Lake, New York
Nicole Roma, Admissions Director
877-252-0869
nroma@adkle.com
www.adirondackleadership.com

Visit By: Stephen Migden, PhD, ABPP, July 7, 2006
drmigden@verizon.net

Adirondack Leadership Expeditions is a character development Wilderness Program for troubled teens that is located in the Adirondack Mountains region of upstate New York. A member of the Aspen Education Group, Adirondack serves boys and girls, in separate, single-gender groups, ages 13 to 17. Founded about three years ago, Adirondack is a closer-to-home alternative for families living in the heavily populated northeast, who would otherwise have to turn to Wilderness Programs in the west and other regions of the country.

With administrative offices located in the skiing and outdoor vacation village of Saranac Lake, NY, Adirondack utilizes an expedition model during the spring and summer and a base camp model during

the late fall and winter. Students, organized into groups of eight, with three instructors for each group, hike the trails of the Adirondack Preserve (which I believe is the largest undeveloped area in the northeast) during the warmer months, and operate out of plain, rustic cabins in the woods during the colder periods of the year. Insight-oriented experiential learning, in conjunction with weekly individual therapy and weekly parent-therapist phone sessions, forms the core of the treatment program. Substance abuse education and treatment is addressed as part of the total program by the individual therapists and group instructors; it is not considered a separate program component.

The base camp area where the cabins are located includes a main, three-story building that houses an infirmary and communications center. I was told that an EMT is on duty in the infirmary 24/7. Groups that are in the field keep contact with the communications center via radio and satellite phone, calling in their locations at least twice a day, with the assistance of a GPS unit. The logistics and staff training center is located in a large, one-story building that was originally erected to house the reception center for the dog sled races during the 1980 Winter Olympic Games, which were held in nearby Lake Placid. It is very spacious, and the food,

A TRANSITIONAL SCHOOL FOR TEENS AND YOUNG ADULTS



Benchmark is a residential school dedicated to assisting young men and women as they chart a course for discovery, change and healing. Our successful curriculum combines emotional growth, independent living and structured work-skills to promote a sense of accomplishment and guide students toward living effectively as healthy, productive and responsible adults.

STUDENT PROFILE

- 18-28 years of age
- Academically unsuccessful
- Adoption issues
- Attention deficit (ADD/ADHD)
- Distressed family relationships
- Drug / Alcohol abuse
- Inability to emancipate
- Irresponsible behavior
- Lacking motivation
- Learning differences
- Poor judgment
- Requiring structure environment
- Shy / Withdrawn
- Signs of depression



Courage, Conscience and Character.

For information and admissions call
1-800-474-4848

or visit our recently updated web site!

www.BenchmarkYoungAdultSchool.com